

# Worksite Wellness Success Stories

Jan 2008

**Saginaw Correctional Facility** employees were seeking solutions to seasonal weight gain and came up with the [L.O.S.E. Contest](http://www.michigan.gov/documents/mdcs/L.O.S.E._Story_1-08_223281_7.pdf):  
[www.michigan.gov/documents/mdcs/L.O.S.E.\\_Story\\_1-08\\_223281\\_7.pdf](http://www.michigan.gov/documents/mdcs/L.O.S.E._Story_1-08_223281_7.pdf)

**L**imiting  
**O**ur  
**S**easonal  
**E**ating

**Eight employees lost 37 pounds during the holidays -  
EACH WAS A WINNER!**

**1st & 2nd Place  
Winners:  
Mike Christian  
Doug Best**

